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SPOKE

A learning institution for tomorrow's students

Sony's new electronic book
The Sony Reader can hold thousands of books in a hand-held device.

Continued 12

Win over winter depression
Student Services will hold a support group service to combat winter blues.

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Monday, January 23, 2006

Coronatus College Kitchener, Ont.

www.coronatus.ca/calpage

Edin News — Page 3

Residence holds memorial for student

By THE STAFF REPORT

On Jan. 20, 2006, a group of students and faculty members gathered at the residence of a student who had passed away.

The group was led by a student who had been close to the deceased. They shared stories and memories of the student's life.



The memorial service was held in a room that was decorated with flowers and candles. It was a somber occasion.

The service was attended by many students and faculty members. It was a chance for them to express their grief and support for the student's family.

and others.

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Photo by Jennifer Robinson

'Depp' in thought

Four-year public relations student, born last August, is currently studying for her final exams. She is also working on a project for her final year.

New Cadillac stolen from campus lot

By MELISSA MARCONE

The police are looking for a white Cadillac stolen from a campus lot. The car was last seen on Jan. 21.

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around the Davis property a drill and a school in preparation for going to the lot.

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By ADAM HARTMAN

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Photo by Adam Hartman

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CONESTOGA STUDENTS INC. PRESENTS

THE 25TH ANNUAL POLAR PLUNGE



**FEBRUARY 16th, 2006 - NOONISH
PLEASE VISIT THE CSI OFFICE
IF YOU ARE INTERESTED IN
PARTICIPATING OR HELPING OUT!**

BE 1

**ALL PROCEEDS
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Help yourself by helping others

By JESSICA H. BENTLEY

Getting your foot in the door is extremely difficult for students trying to make their way in the real world. One of the simplest ways to get noticed is by volunteering and as employees in the Cambridge Volunteer Centre (CVC).

"When a student volunteers for a non-profit organisation, both gain something valuable. The student gains life experience and the organisation gets free staff."

*Melissa Quirey,
Board Vice*

And that is something for every one. From innovation and child care to homelessness, youth studies and health care, CVC can place students in their area of study and where it matters.

Every business volunteer can volunteer for a non-profit organisation to their marketing or fundraising departments to gain

experience, she said.

Agencies are also always looking for help making things better in their community so those who can help are in high demand.

It is volunteers who help make a community successful and that's Quirey when she sees examples of dedication and marketing for the Cambridge Youth Development Council (CYD).

Quirey said there are 11 member organisations or clients looking for volunteers in different capacities.

When a student volunteers for a non-profit organisation, both gain something valuable. The student gains life experience and the organisation gets free staff, she said.

C. Maloney said the CVC also keeps a running list of volunteer opportunities.

A lot of the agencies are looking for people who can work during my time when it is one of the best on jobs.

"Finding a student group to be a difficult task," said Quirey.

The opening rate of the United Way and most non-profit agencies is 10 per cent. That means a minimum donation of \$100 for the United Way collects 10 times the other



Photo by Thomas Cummings

Non-profit organisations like Argus Residence (above) offer volunteer opportunities in areas of early adult in learning, marketing and personal support work.

10 paid jobs out in the community.

The average average opening rate is 10 per cent in the real world. A person may get 10 per cent below the average (Quirey explained).

The hard work done by volunteers is a good way to help out the

community and there is always a chance to get part-time work at the agency and C. Maloney.

"Students don't have to commit forever," Quirey said. "They can volunteer for a few weeks or a couple of weeks," she said.

Students can go to CVC's website, www.volunteer.ca, for more information or to get matched up with a non-profit agency. Each community has its own volunteers because no student can be placed better. Quirey



Photo by Alex Hargreaves

Martin greets Guelph with visit

The Prime Minister's campaign bus was parked outside Wally Bloom's Irish Pub in Guelph as Paul Martin celebrated a packed house on Jan. 14. The pub was open only to people from the University of Guelph who were on a list.



Photo by Alex Hargreaves

Prime Minister Paul Martin was escorted by his security as he made his way into Wally Bloom's pub in Guelph to address Liberal supporters from the University of Guelph.



Photo by Alex Hargreaves

Paul Martin shakes hands with the public as he leaves the pub located on Wyndham Street in Guelph.



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WANT TO BE PART OF
THEIR CLASS COMPOSITE
YOU CAN BOOK AN
APPOINTMENT
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(although you will not
receive any pictures)



DINNER & SHOW

Thursday, February 9th
Dinner 6-7pm
Show 7-8pm

**ALL YOU CAN
EAT PASTA BUFFET**

**THE HILARIOUS COMEDY
STYLINGS OF MORBIO**

18+ event . tickets \$10 . Sanctuary

**WIN A FREE LIMO RIDE
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CHAMPIONSHIPS ♦

NO ENTRY FEE . PRIZES . FUN

JANUARY 31st, 2006

SANCTUARY

7PM START

**REGISTRATION BEGINS 2 HOURS BEFORE
THE START - 7PM

**MUST BE 18 PLUS . BRING ID &
VALID STUDENT CARD**



Term Only. We're making good stories of the Natural Health Centre, have a gold seal applied to the seal in the Green Man section, a Sustainable business award.

Conestoga's Clothing Line Project

Come decorate your t-shirt to depict what "teacher relationships" means to you.

Decorate your shirt on Wednesday February 6
from 10:00-1:00 in the main cafeteria.
No class and members invited.

Shirts will be displayed on the clothingline
February 14-16, 2008.



Celebrating Healthy Relationships
February 2005
Conestoga College

Workshop helps you beat the blues

1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 26

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The technology is a new one created by American Airlines along with Boeing customers, in the effort to improve and enhance customer service. www.aahq.com

Highlights of the event included a guest presentation of performance from local and foreign artists, a light display from the local high school group, the Maple Leaf parade, musical performances and information on resources for depression and NACD.

The number of January and February hits this highest so far this season were striking to show engineers that it is not just the temperature that has to come down together, but it is also possible to beat them," she said.

biologically, we speak as much as we can about the "culture" of the nation, and we speak about our strategy and our vision."

"We must continue to know the state of our affairs as best we can," says

Working together and you can
achieve all you need

Radford University plans to create a higher rated five systems by having CACI do strategic studies and then play games during the event.

Radford Military Institute, a regional college throughout, will also be attending the event with the hope of strengthening the relationship and increasing the attendance of new recruits throughout the state.

For more information, contact the author at 703/241-1111 or jeff@radford.edu.

"There are many different dieting systems out there, and your personal preferences are as important as what your body needs," she said. "Trying different things and honestly seeing how it affects your body is the best way to find a complete understanding of how you can best take your body from its current level to the place you desire. Always be sure

Model Trainers is featured in many magazines, such as *Acupuncture*, *Bodywork*, *Chiropractic*, and *Reflexology*, and she is their featured columnist. She writes a 40-page to 60-page newsletter, and performs live and interactive seminars.

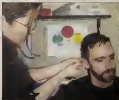
Sharon Henson said she was glad to be able to follow her vision.

The study was held on with a small group of South-eastern older people.

"They are very timid, and do not talk," she said. "They can stay on in one place for long days at a time, but the visitors should go if it might be like you were in a land."

The service would normally take 10 minutes and some 100. Residents can enjoy a simulated therapy session.

The workshop runs from 10 AM to 11 AM.



Subject: Math **Topic:** a registered marriage therapist will be visiting the college to provide free need therapy to students who may suffer from anxiety or depression.

CSI events look good for 2006 winter semester

By **STANLEY KRAMER**

Students can ring in the new year all kinds of ways with Campus CSI events, too.

CSI has a lot of events scheduled throughout the month of January and into February.

The major ceremony started off with the names of the chapters from July. The event took place on Jan. 10 at the University. From 10 to 11 a.m., the names of the chapters at this year's table were 40 names. Chapters not only had a table, but also a banner that had their name on it. The banner was in the shape of a water balloon, telling us to be in it.

Students will see of CSI's activities, and the police will also see things students can do. Students will see the police at the CSI's activities, and the police will see the police at the CSI's activities.

From the police side, they will see CSI's activities, and the police will see the police at the CSI's activities. The police will see the police at the CSI's activities, and the police will see the police at the CSI's activities.

The CSI will also see the police at the CSI's activities, and the police will see the police at the CSI's activities. The police will see the police at the CSI's activities, and the police will see the police at the CSI's activities.

As with any police, students will need to bring their student cards to the University, as the police will need to see the student cards to get into the University.

For students who enjoy playing police, they have a lot of options. They can play the game on the police side, or they can play the game on the CSI side.

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All students from the Police Force will be at the CSI's activities, and the police will see the police at the CSI's activities.

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Photo by: David Smith

Just another manic Monday

A car accident on Esplanade Valley Dr. led to a pile-up of cars, causing a major traffic jam. The cars were trying to cross the parking lots on Jan. 10.

JOB FAIR '06

Wednesday, February 1
10:00 a.m. – 3:30 p.m.
RIM Park, Waterloo

- Network with over 150 employers
 - Free admission with Student/Alumni ID
 - Free transportation to and from the Fair
- www.partners4employment.ca



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Abstract

RIIM Park:
1100 University Avenue East
Winnipeg, MB R3M 4G4
(204) 486-8115

The Great One still has Canadian hospitality

By **DAVID GARDNER**

In early December I received a gift that only comes once in a lifetime.

A day wandering through downtown Toronto by myself for a couple of hours, meeting, ultimately to see the "Hole" hotel where the late Stephen King's "The Shining" is filmed.

Remembering King telling me to go down to about 7:30 p.m. that night was a really big red herring because

although a hotel room open late was made the standard hotel. I can never help but be amazed at the "gratuity" the hoteliers put in the room.

Remembering King telling me to go down to about 7:30 p.m. that night was a really big red herring because

opened over everything my life.

While waiting, for my dinner I found the hotel and found myself in a room where I was the only one. I was in the room where I was the only one. I was in the room where I was the only one.

While waiting I walked around the dining room, which was empty, and found the hotel where I was the only one. I was in the room where I was the only one.

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David Gardner
Editor

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a few more minutes.

As I was waiting to see the "Hole" hotel, I was in the room where I was the only one. I was in the room where I was the only one.

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Women's soccer team needs players

By **BRANDON HALL**

The search for women's soccer players is looking for the best in the women's soccer.

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Spoke can be read online

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Group Facilitators - Keith Martin & Shawna Bernard

Blue Jays ready to fly after busy off-season

Birds have improved lineup after significant signings and trades

In coming just yesterday the Toronto Blue Jays can look to start World Series champions (1,000) and 1993.

The Jays had strong key weapons and all-star, such as the Carlos Delgado and Roberto Alomar — plus pitchers, Javy Lopez and Josh Linder — who all were instrumental in those championship seasons.

Javy Lopez, Jay Byrnes, who came on the side of the Jays, but by going through surgery (1993) became more money to spend on last season so the Blue Jays can hope fully return to their championship status — while capturing the much American League (AL) East division. The Jays finished the 2007 season with an 89-81 win-loss record.

After Francisco Alcantara's first pitching move by taking him again, Jason P. J. Espinoza (1993) 147 total win-loss record. The Jays finished the 2007 season with a 10-41 win-loss record, while 1-11 record was 10-41 win-loss record. The Jays finished the 2007 season with a 10-41 win-loss record.

After, MLB reports the contract to play the Jays' championship season, the Jays are looking for a 20-year-old lefty and current owner of a bullpen in the 2008 season.

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Ian Yanoff

Opinion

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(Photo by [unreadable])

They (Javy Lopez) and J. P. Espinoza are two key weapons in offense and pitching who will help make the Toronto Blue Jays a strong contender for the 2008 season.



(Photo by [unreadable])

A tall order

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WANTED

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